

Did you know...

- Missouri ranks 24th in the nation in its rate of reported suicides
- Suicide is the second-leading cause of death among 15- to 34-years-olds, and is the fourth-leading cause of death for Missourians between the ages of 1 and 65.
- Overall, suicide is the 11th leading cause of death in both Missouri and the United States.
- The suicide rate in Missouri in 2003 was 11.9 per 100,000 citizens; down from a rate of 12.2 the previous year, but still higher than the national rate of 10.8.

In order to recognize and promote the awareness and education efforts of the Missouri Suicide Prevention Project, the Department of Mental Health is pleased to announce that Governor Matt Blunt has proclaimed September 10-16, 2006, as Suicide Prevention Week in the State of Missouri.

The staff of the Missouri Youth Suicide Prevention Project at DMH has prepared the following list of simple things that people can do to become more involved in suicide prevention during the next week.

Things That You Can Do During Suicide Prevention Week

- 1) **Learn the Warning Signs** by remembering the mnemonic at: www.suicidology.org/associations/1045/files/Mnemonic.pdf
- 2) **Volunteer** at a local crisis hotline. Call a hotline in your area to sign up for their next training session.
- 3) **Attend (or volunteer at) one of the many upcoming events** listed on the DMH online calendar: www.dmh.mo.gov/cps/issues/suicide/calendar.htm
- 4) **Help organize** a "National Survivors of Suicide Day" event in your area. For details go to: www.afsp.org/index.cfm?page_id=FEE7D778-CF08-CB44-DA1285B6BBCF366E
- 5) **Contact your local middle schools** and encourage them to take advantage of the free SOS program: www.mentalhealthscreening.org/schools/
- 6) **Print and share** issues of "Advancing Suicide Prevention" available at: www.advancingsp.org/current_issue.php
- 7) **Explore the SPRC website.** The national Suicide Prevention Resource Center has a large collection of resources including their customized information series, information on evidence-based practices, and various other publications such as their recent fundraising guide. Get started by reviewing their publications page at: <http://library.sprc.org/browse.php?catid=115950>

- 8) **Order and distribute free material**, such as Lifeline magnets and wallet cards (in English or Spanish), from SAMHSA's National Mental Health Information Center. Organizations and individuals can order up to 50 of each item. Also available are copies of the National Strategy for Suicide Prevention and the new "Initial Tips of Counselors" wallet card. Order copies of these items (most of which are listed alphabetically under the letter N) at the following website:
<http://store.mentalhealth.org/publications/ordering.aspx>
- 9) **Download and read** the book "*Suicide: The Forever Decision*, For those Thinking about Suicide and for Those who Know, Love and Counsel Them," by Paul Quinnett, Ph.D. which is available in a free electronic format through the QPR Institute:
www.qprinstitute.com/Forever.htm
- 10) Contact one of the new Regional Resource Centers in the state to find what services are available in your area: <http://www.dmh.mo.gov/cps/issues/suicide/ResourceCenters.htm>
- 11) **Help organize and schedule a training session** for your group or community. Various gatekeeper training programs, such as QPR, suicideTALK, and ASIST are available. To schedule a training session, contact the Missouri Department of Mental Health, www.qprinstitute.com or www.livingworks.net
- 12) **Enroll in an online course** at: www.ncspt.org or www.endingsuicide.com
- 13) **Start a local group.** Many national organizations (including American Foundation for Suicide Prevention (AFSP), Suicide Prevention Action Network USA (SPAN USA), and Yellow Ribbon) will assist you in starting a local chapter or state affiliate. Other organizations provide training to become a facilitator for a survivor support group.
- 14) **Visit the new Network of Care website** to become familiar with other services available in your community:
http://missouri.networkofcare.org/home_state2.cfm?productid=2&stateid=30
- 15) **Subscribe to the Weekly Spark**, the SPRC newsletter, at:
<http://mailman.edc.org/mailman/listinfo/sprc>
- 16) **Join the Action Network** and receive action alerts from SPAN USA at:
www.spanusa.org/index.cfm
- 17) **Explore other websites**, some of which are listed on the DMH website at:
www.dmh.mo.gov/cps/issues/suicide/links.htm
- 18) **Join the SPIM Discussion List.** Subscribe to the "Suicide Prevention in Missouri" listserv to receive future updates, and share and receive information from people around the state at: <https://po.missouri.edu/cgi-bin/wa?A0=SPIM-L>
- 19) **Send a message of thanks** to the local volunteers, trainers, and support group facilitators in your community to let them know that the important work they do is appreciated.
- 20) **Share this** with co-workers, friends, and family.